Health
Benefit
Checklist
Checklist
Make sure your military
make sure your military
health benefit works
health benefit works

If you are new to Europe or have recently had a change in your family such as a move or new baby, there are some steps you need to take to ensure your health benefit information is up to date and working for you:

- Verify Eligibility
  Have you recently updated your
  information in DEERS to ensure you
  remain eligible for TRICARE?
- Check Your Coverage
  Are you covered by TRICARE Prime or
  Standard? Do you need dental
  coverage for your family?
- What if you have an emergency?
  Where do you call to schedule a checkup? What do you do when you're traveling?
- Find Help When You Need It
  Where do you go when you have
  questions about your military health
  benefit or need medical advice?

## **Need Answers?**

See the other side to find out where to go.

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erify Enrollment		erify Enrollment
☐ Ensure that your address is corn DEERS online at <u>www.tricare.os</u>		☐ Ensure that your address is correctly listed in DEERS online at <a href="https://www.tricare.osd.mil/DEERS">www.tricare.osd.mil/DEERS</a>
☐ Contact your local ID Card facilit		☐ Contact your local ID Card facility at
<b>INSERT NUMBER</b> to make oth such as adding or removing fam		<b>INSERT NUMBER</b> to make other changes, such as adding or removing family members
	illy members	such as adding of removing family members
Check Your Coverage		heck Your Coverage
☐ <b>TRICARE Prime</b> is for Active d want low costs, a Primary Care priority access to military medicaenrollment is required	Manager and	☐ <b>TRICARE Prime</b> is for Active duty families who want low costs, a Primary Care Manager and priority access to military medical facilities; enrollment is required
TRICARE Standard gives you but higher out-of-pocket costs a access to military medical facilities	ind space-available	☐ <b>TRICARE Standard</b> gives you more choice, but higher out-of-pocket costs and space-available access to military medical facilities
☐ <b>Retirees</b> under 65 are covered Standard; retirees 65 or older m Medicare Part B to qualify for TF	nust purchase	☐ <b>Retirees</b> under 65 are covered under TRICARE Standard; retirees 65 or older must purchase Medicare Part B to qualify for TRICARE For Life
☐ <b>Military dental care</b> for overse is offered on a space-available be enrolling in the TRICARE Dental www.tricaredentalprogram.com	asis, so consider Programgo to	☐ <b>Military dental care</b> for overseas family members is offered on a space-available basis, so consider enrolling in the TRICARE Dental Programgo to <a href="https://www.tricaredentalprogram.com">www.tricaredentalprogram.com</a> for details
☐ Contact your TRICARE Servi		□ Contact your TRICARE Service Center
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